

IN CONCLUSION

The above paragraphs have been written with the belief that the private physician should concern himself with the nutritional status of each patient, and thereby indirectly with that of the family. There can be no disagreement with the point of view that good nutrition is the basis for good health, and that food, properly selected and prepared, is far superior to pills and capsules. On the other hand, he must be alert to evidences of vitamin deficiency, and if found, treat them adequately.

There is another aspect of the problem that concerns those who are dealing with large groups of individuals under wartime pressure, such as thousands currently engaged in the war industries. Impatient with the slow processes and effectiveness of education, and the delays and handicaps encountered in establishing adequate feeding facilities in industry, many of these workers feel that time will be saved, efficiency increased and absenteeism reduced, if each worker is supplied daily with vitamin supplements. So long as such a measure is recognized purely as a stop-gap procedure, and the worker is not persuaded by example that this will solve his nutritional problems, this point of view is possibly justified.

1930 Wilshire Boulevard.

A COÖPERATIVE ENDEAVOR TOWARD NUTRITION IN INDUSTRY*

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NUTRITION in Industry is not just a simple problem of nutrition, as it is generally understood. It is more complex because it takes in more than the nutrition and malnutrition of individuals, and the adequate feeding of these individuals with the proper constituents of a balanced diet. It includes in addition:

1. The question of getting food to aggregations of workers.
2. The complications arising because of the various federal agencies with different points of view . . . e.g. The Manpower Commission requires a maximal number of workers healthy and on the job a maximal number of hours; the Maritime Commission has the production goal to accomplish, and thus approaches the question from that standpoint; while the Food Distribution Administration, Nutrition in Industry Division takes as its goal adequate in-plant feeding, with proper facilities and accommodations to do the job.
3. The Concessionaire approaches the problem from the standpoint of availability of food, the allotment of ration points, and the adequacy of facilities and manpower to carry out the feeding project.

Faced with this complex problem, the first necessary move of the Bay Area Nutrition in Industry was that of acquiring funds for a coöperative and coördinated organization for the industries in the Bay Area. Realizing that tuberculosis and nutrition were closely-related problems, the Tuberculosis Associations of San Francisco, Alameda, San Mateo, Marin, and Contra Costa Counties agreed to finance the project for the present year. Representatives from these associations and from the five county Nutrition Councils, constitute the Executive Committee. The actual Working Committee of this organization, which meets weekly to formulate new plans and discuss latest developments, is comprised of Herbert C. Moffitt, M.D., Chairman; W. Palmer Lucas, M.D., Acting Chairman; Wm. C. Voorsanger, M.D., Secretary

*One of several papers in a Symposium on "Civilian Wartime Problems in Nutrition: From the Standpoint of the Physician." Papers collected by Lt. Comdr. Dwight L. Wilbur, MC-V(S), U.S.N.R.

From the Offices of the San Francisco Nutrition Council and Nutrition in Industry for the Bay Area.

San Francisco Tuberculosis Association; Harold T. Castberg, M.D., Chief, Bureau of Industrial Hygiene of the State Board of Health; Miss Jane Sedgwick, Nutritionist, State Board of Health; Mr. William Broeg, Industrial Nutritionist, FDA; Merrill Kelly Bennett, Ph.D. of the Stanford Food Research Institute; with the two full-time paid nutritionists, Mrs. Filsinger, and her assistant, Mrs. Hanson.

NUTRITIONAL NEEDS OF WORKERS

Although the health and welfare of the worker is a definite contractual requirement of the managers of industry, the nutritional needs of the worker have not been sufficiently emphasized. At the Lockheed Aircraft Plant in Burbank, California, a nutritional study was made under the general direction of the Nutrition in Industry Division of the National Research Council. Dietary histories of the workers were collected by Dorothy Wiehl and reported in the October, 1942, *Millbank Quarterly*.

In this study, it was found that only 2 per cent of the diets included amounts recommended as the dietary pattern by the National Research Council, Committee of Food and Nutrition, for five essential food groups; 11 per cent had "marginal" diets or moderately below standard, while 87 per cent had diets which were unsatisfactory for one or more food-groups.

Similar studies were carried on by the Nutrition in Industry Committee of the Alameda County Nutrition Council. A breakfast survey disclosed that 63.9 per cent of the breakfasts of workers in a San Francisco Bay Area war industry were poor or omitted entirely; 21.9 per cent were "marginal" or moderately below standard, and 14.2 per cent were inadequate. A survey of home-packed lunches carried to one of the major shipyards in the San Francisco Bay Area disclosed that 40 per cent of the lunches were adequate for heavy work; 25 per cent were adequate for light work; and 35 per cent were inadequate for either light or heavy labor.

The Bay Area Nutrition in Industry Committee has now functioned for over 14 months, and the major problems it has faced have been:

1. Acquiring the coöperation of the managers of industry in the realization of the nutrition problems of their workers and action in accomplishing the Committee's goal toward adequate in-plant feeding. This has been an up-hill pull, not because management does not believe in nutrition and adequate feeding facilities, but because their major goal is production.

2. The difficulty that management envisions in getting adequate food to the men at their places of work is often more imagined than real. Every situation that we have studied has had possibilities for successful in-plant feeding.

3. So far the most insurmountable problem has been the Maritime Commission, which furnishes most of the funds for extra facilities in the yards contracted by the Commission. The attitude of its members in this area has been that they are opposed to in-plant feeding. As a compromise for this, they are most interested in the lunch boxes brought from home, and are, at present, constructing markets where workers can buy food for home and lunch consumption. As has been indicated, box-lunches are satisfactory neither from the standpoint of the one who eats them, nor that of the concessionaire who sells what is put up.

The second (educational) objective of the Bay Area Nutrition in Industry Committee has been accomplished as follows:

1. *Walt Disney Posters.* A series of three Disney posters are entitled, "You Can't Breakfast Like a Bird and Work Like a Horse," "A Goofy Lunch Pulls Your Punch," and "There's Fightamins in Fruits and Vegetables." These posters are enlivened by Disney's famous

movie characters who carry this vital message to the people of the United States. They were made possible by the financial cooperation of this Committee and the Nutrition in Industry Committee of Los Angeles.

2. *Nutrition Classes.* An attempt has been made to provide classes in all the housing projects adjacent to the shipyards. Meeting with the workers for informal discussion of their problems has been found far more effective than formal lecture-classes.

3. *"Kitchen Door Kanteen."* A food and nutrition column edited by this Committee is offered to any shipyard and industrial publication. We are now serving six such publications, and attempt to meet all requests which come to us from editors of shipyard publications, and from the workers in the Women's Council Meetings we attend. We attempt to personalize these columns to the various conditions of each yard, and thus to do away with stereotyped material so frequently left unread. This column gives weekly menus worked out under the ration system for families of two, four, or even one person living alone, to say nothing of the groups of bachelors trying to get enough to eat on their point allotments per week; it includes extenders for meat and butter as well, Thanksgiving suggestions for 1943, and many lunch box suggestions, with innumerable other themes fitting to the moment and the problems.

4. *"Recipes and Suggestions for Wartime Feeding."** Industrial cafeteria managers have been supplied with this folder, in order to receive solutions for their feeding problems under the present rationing system. There has been a great demand for these booklets from other sources, also having wartime feeding problems to meet. Three hundred copies sent to San Mateo County have helped the restaurateurs to keep their establishments open at a time when a large number were planning to shut down.

5. *Wartime Feeding Centers:* as the markets have been developed at the various yards, the Bay Area Nutrition in Industry has proposed the development of Wartime Feeding Centers staffed with Red Cross Nutrition Aides trained in their counties to answer questions on rationing, food preparation, meal planning, and also to distribute recipes and general nutrition material. Our first such center is located in the heart of the Government Housing Project in Richmond, California, in close proximity to the great Kaiser Shipyards. This project was taken over by the Richmond Red Cross Nutrition Committee, under the leadership of Mrs. Mildred Barrows. Here throngs of industrial workers shop at a spot where the Nutrition Aides may bring nutrition information to housewives and industrial workers, at the time and place where they need it most.

6. *"California Victory Lunch Boxes."* This newest project is a threefold leaflet decorated in the national colors, carrying as a front design the map of California in the background with an industrial worker in the foreground. This leaflet carries lunch box suggestions and

pointers helpful to any person packing a lunch, whether he be an industrial worker or a school child.

7. *Posters.* This committee has designed original posters to meet the requests and demands of industry.

Thus it is that, through the combined accomplishments of the Bay Area Nutrition in Industry and the local, State, and Federal agencies, this committee stands hopeful that, in the not too distant future, the industrial feeding program in this area will be met, and that hot, nutritious food will be served to every contributor to the second line of defense on the home-front.†

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THE SCHOOL LUNCH PROGRAM*

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THE importance of providing school lunches of good nutritive value is well recognized. Better health, development, attendance and scholarship have resulted from adequate feeding. Feeding needy school children, originally by private charity and later at public expense, has been an old European practice. The famous Oslo Breakfast consisted of black bread, a hunk of goat's cheese, a raw carrot, a glass of milk, and an apple. The rate of growth of children on this diet increased 118-140 per cent. This almost perfect ration required neither equipment nor service. Such phenomenal results suggest that good food can build almost anything.

Cheap or free school lunches have long been served in the United States as a convenience. Until the Depression, the feeding of undernourished children remained a private charity. The Depression presented us with an enormous biological problem, the protection of children, and through them the generations to come. An attempt was made to make the economic problems of the depressed 1930's solve each other—unemployment, the glut of agricultural products, and the undernourishment of children.

Some 65,000 unemployed people prepared and served to two million school children the surplus farm commodities. These were distributed to millions of underprivileged families, and to schools through the welfare agencies. Thus, through the Depression large numbers of underfed children received one good meal daily.

Though the motive was to avoid food waste and price depression, benefit accrued to the farmers, to the unemployed and to six million children. The plan met with apathy and opposition. We were willing to spend \$100 a year on a child's education, but loath to add \$15 more to insure his ability to learn, though teachers agree that adequately-fed children show better development and adjustment, make greater intellectual progress without conscious effort, and have fewer illnesses—a decrease in the cost of education. The physician knows, furthermore that (1) normal development requires adequate nutrition, (2) optimum nutrition produces maximum development, and (3) deficiencies during critical growth years may do irreparable damage to the individual and, through him, to the race.

Germany's policy of "selective starvation" of the next generation of non-German, European children, and mass deportation "birth control" guarantees a biological German victory, and Germany anticipates overrunning Europe with her superior children. It behooves us to give attention to what Hoelzel calls the "nutritional determination of history."

We are turning from diet standards sufficient to sustain life to optimum standards that mobilize full capacities. Such a dietary ideal for every child is consistent

* The O.P.A. has requested permission to print 55,000 of these for distribution throughout the five Pacific Region States.

† After 14 months of effective pioneering work, the Bay Area Nutrition in Industry Committee has dissolved. Partially financed by the San Francisco Tuberculosis Association, the committee engaged in a well-rounded program to solve and simplify many nutrition problems which the war brought to industry in California.

Mrs. Filsinger, who was lent to the B.A.N.I. Committee to serve as chief nutritionist and Executive Secretary, has now resumed her former position as Home Economist for the Pacific Gas and Electric Company. In the future she will be available, as a representative of the company, to contribute a similar service to industrial and commercial companies who do in-plant or employee feeding in the city and county of San Francisco.

Mrs. Filsinger has been appointed chairman of the committee on industrial nutrition by the San Francisco Nutrition Council, and has pledged support of the council for the continuance of the program.

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